



# Drink Spiking

Know the signs  
and what to do  
V1 2025

# There are different types of spiking

## Spiking with alcohol

### How is it done?

- Adding alcohol to a non-alcoholic drink
- Adding more alcohol to an alcoholic drink

### Watch out for

- Suspicious/unusual behaviour
- Unattended drinks
- Be aware of unusual requests

## Spiking drink with drugs


### How is it done?

- Placing legal or illegal drugs into a drink or onto food
- Hard to notice – no smell, taste, clear
- Can take place anytime a drink or food is unwatched by the intended victim

### Watch out for

- Suspicious/unusual behaviour
- Unlikely to be aware until substance takes affect

# Signs your drink has been spiked could include:-



**Change  
in taste**



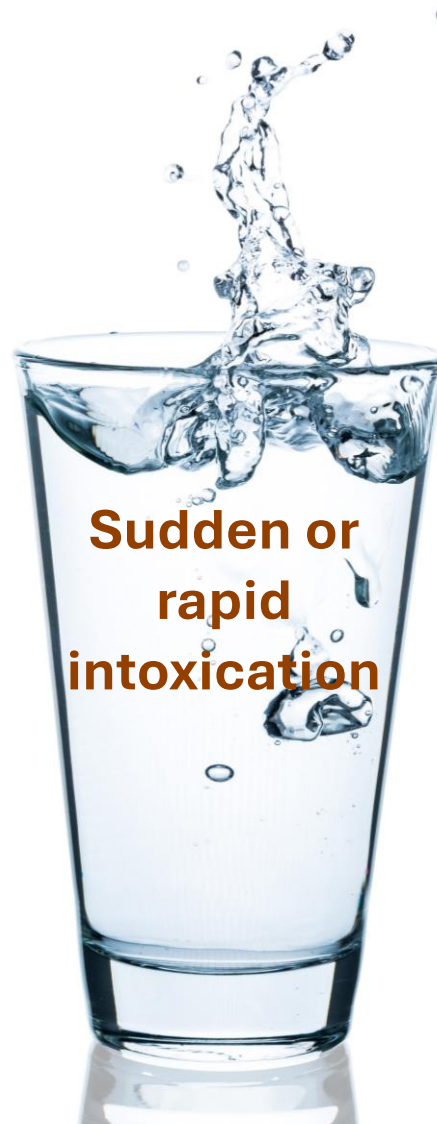
**Change in  
appearance,  
from clear  
to cloudy**



**Your ice  
might  
sink**



**Your drink  
has lost  
its fizz**



**Sudden or  
rapid  
intoxication**

# Other types of spiking

## Spiking drugs with needle

### How is it done?

- Delivery of substance through hypodermic needle, epi pen or similar implement
- Requires close contact
- Would normally show a wound site (i.e. redness or a small mark)
- Customer more likely to be aware at the time of spiking

### Watch out for

- Suspicious/unusual behaviour
- Time Delay

## Spiking via vape or chewing gum

### How is it done?

- Delivery of substance through tampered vape or tainted chewing gum
- Requires close contact
- Customer more likely to be aware at the time of spiking

### Watch out for

- Suspicious/unusual behaviour



# Symptoms can include

- Loss of bowel and/or bladder control
  - Feeling ill, sleepy, faint, dizzy or disorientated
  - Waking up with blanks in memory, confusion or feeling uncomfortable
  - A change in body temperature, this could be chattering teeth or sweating
  - Feeling drunk or woozy, even if you have had little or no alcohol
  - Passing out
  - Poor co-ordination
  - Paranoia
  - Hallucinations
  - Vomiting or nausea
  - Poor visibility
  - Inability to communicate clearly
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# What to do if you suspect spiking

**If you suspect you or friend has been spiked, take immediate action:**

- **Tell Someone:** Inform a friend, bartender, or security staff immediately.
- **Seek Medical Help:** Get to a safe place and seek medical attention as soon as possible.
- **Report the Incident:** Reporting the incident helps authorities track and investigate such cases. Provide as much information as possible to aid in their investigation.
- **Stay with Friends:** Do not go home alone. Stay with trusted friends who can look after you and ensure your safety.

# What to do if you suspect spiking

## If you think you have been spiked by alcohol:

- **Preserve Evidence:** Get a sample of your drink to allow the Police to test the contents.

## If you think you have been spiked by injection:

- **Preserve Evidence:** If possible, avoid washing the area where you suspect you were injected. This can help preserve evidence for the police.

## If you think you have been spiked by vape or chewing gum:

- **Preserve Evidence:** if possible, keep hold of the gum.
- **Give a description:** of the person/s who shared their vape or offered chewing gum.

# Measures which can be put into place

## Venue

- Communicate with customers
- Remove unattended drinks
- Encourage people not to take drinks from strangers
- Use positive messaging: posters & signage like Ask for Angela or Ask for Clive
- Signage
- Drinks covers, lids & stoppers
- Spike kits
- Communication
- Refuse service
- Reporting to pub-watch and potential bans

## Security

- Searching – display a policy at the door
- Refusal and ejection
- Remove unattended drinks
- Explain the consequences of spiking
- Know your venue and Company drugs policies
- Challenge any unwanted behaviour



# What can make someone vulnerable?

Being on their own/separated from friends

Effects of drink or drugs

Age

Gender

State of mind

Presence of an offender

Gender identity


Sexual orientation

Use of walking stick, crutches, wheelchair, in fact any disability


Unfamiliar surroundings

Language

Religion



What can  
make  
someone a  
target?

- 
- Humiliation
  - Joke or prank
  - Assert power
  - To show off
  - To enable crime, e.g. theft
  - Sexual assault, and rape

# Who are the perpetrators?

Strangers

Predators

Criminals

Friends

Family

Work colleagues

Ex partners

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- Spiking should **always** be reported to the Police.
  - Spiking is a crime, and it is the responsibility of the **person administering the drugs** in whatever form, not the victim.
  - Spiking can affect anyone.



# Reference articles

[Home - Ask For Angela](#)

[Home - Stamp Out Spiking](#)

[Girl 'nearly died' after inhaling vape spiked with zombie drug spice | ITV News](#)

[Jersey police investigate suspected chewing gum spiking - BBC News](#)

<https://www.gov.uk/government/publications/spiking-factsheet>

<https://www.gov.uk/guidance/spiking-advice-and-support>

[Free Drink Spiking Awareness Course | CPL Learning](#)

<https://www.youtube.com/watch?v=Qq54k2TUZIM>

<https://www.drinkaware.co.uk/advice-and-support/help-to-support-someone-else/drink-spiking-and-date-rape-drugs>

<https://www.drinkaware.co.uk/news/a-queer-guide-to-navigating-nightlife>